# **Mental Health Resources**

Chesapeake, Norfolk, Portsmouth, Virginia Beach, Eastern Shore

# SUICIDE/MENTAL HEALTH CRISIS

Call or Text 988 Suicide & Crisis Lifeline or call 757-656-7755 for 24/7, free and confidential support for people in distress. prevention and crisis resources for you or your loved ones.

#### NAMI Resources

NAMI Helpline: can be reached Monday through Friday,10 a.m. - 10 p.m., ET. Call 1-800-950-NAMI (6264), Text "Helpline" to 6240 or email us at helpline@nami.org NAMI Coastal VA Helpline 757-499-2041, M-F 10 a.m. - 4 p.m., in a crisis call or text 988

#### CRISIS INTERVENTION

**Emergency Mental Health Services/Intake** (24/7) If unsure where to call, begin here for referrals

Chesapeake: 757-548-7000 Norfolk: 757-664-7690 Portsmouth: 757-393-8990

Suffolk/Isle of Wight: 757-925-2484 Virginia Beach: 757-385-0888 **Eastern Shore**: 757-442-3636

Military and Veterans: 1-800-273-8255, press

1 or Text 838255 Samaritan House:

(sexual assault, domestic violence)

757-631-0710

#### POLICE EMERGENCY

Call 911, Explain there is a mental health emergency, ask for a CIT (Crisis Intervention Team) who are trained to manage mental health crises.

## **PSYCHIATRIC HOSPITALS**

**Bon Secours Maryview Medical Center:** 

757-395-2200

Crisis Intervention Counselor:

757-398-2404

Sentara Norfolk General: 757-388-3000

Sentara Virginia Beach General:

757-395-8000

Virginia Beach Psychiatric Center: (free confidential assessments) 757-496-6000/

757-627-5433 Intake

**Children's Hospital of the Kings Daughters** 

(CHKD) 757-668-7000

Kempsville Center for Behavorial Health: 757-461-4565 (child/adolescent facility)

# CITY COMMUNITY SERVICES BOARDS

(Mental Health)

Chesapeake Integrated Behavioral Health:

**@ NAMI**|Virginia

757-547-9334

**Norfolk Community Services Board:** 

757-756-5600

# CITY COMMUNITY SERVICES BOARDS Cont

Portsmouth Behavioral Healthcare Services:

757-393-5357

Virginia Beach Behavioral Health Adult Services Mental Health/Substance: 757-385-0511 Youth 757-385-0850 **Eastern Shore Community Services Board:** 

757-665-1260

**Western Tidewater Community Services** 

**Board**: 757-758-5106

# CHILD & YOUTH SERVICES

Children's Hospital of the Kings Daughters

(CHKD): 757-668-7000

Kempsville Center for Behavioral Health:

757-461-4565

The Barry Robinson Center:

757-455-6100

Sarah Michelle Peterson Foundation: info@sarahmpetersonfoundation.org Stand Up For Kids: 757-818-4901

**United Methodist Family Services (UMFS):** 

757-490-9791

# FREE/REDUCED COST HEALTH CLINICS:

Chesapeake Care Clinic: 757-545-5700 Hampton Roads Community Health Center:

Norfolk Hopes Free Clinic: 757-446-0366 Bon Secours Care-A-Van: 757-889-5121 Eastern Shore: Bay Community Health Center, Cheriton: 757-331-1066; Rural Health Center:

757-787-7374

# **HOMELESS RESOURCES**

**Regional Housing Crisis Hotline:** 

757-587-4202

**Chesapeake Homeless Resource Ctr:** 

Housing Resource Center: 757-385-5167 Norfolk Housing & Redevelopment Authority:

757-623-1111

75/-623-1111
PIN Ministry: 757-962-3567
Seton Youth Shelter: 757-498-4357
Union Mission: 757-627-8686 x200 (men), x354 (women), x335 (women with children)
Virginia Supportive Housing:

www.virginiasupportivehousing.org Vetshouse for Veterans: 757-724-8614 VA Beach Community Development

**Corporation:** 757-463-9516

# LGBTQ+RESOURCES

The Trevor Project: Call 1-866-788-7386 or text START to 678-678 Trained counselors supporting youth in crisis and/or in need of a safe place and judgement-free place to talk

You are not alone

**LGBT Life Center:** 757-640-0929

info@lgbtlifecenter.org

Hampton Roads Pride:757-833-4700
"YOU" LGBTQ+ Youth Pride Night:

757-818-4901

# SUBSTANCE ABUSE SERVICES

**Alcoholics Anonymous** 757-490-3980 Narcotics Anonymous 866-972-5055 Pathways 757-385-6950 (scheduled to reopen

by end of 2023)

#### **MILITARY/VETERAN RESOURCES**

Hampton VA Medical Center: 757-722-9961

ext. 3584

Stephen A. Cohen Military Family Clinic,

Va Beach: 757-965-8686

www.va.gov www.ptsd.va.gov www.giveanhour.org

#### REDUCED COST MENTAL HEALTH SERVICES

Catholic Charities: 757-456-2366 Jewish Family Services: 757-321-2222

**Tidewater Pastoral Counseling:** 

757-623-2700

**EVMS Hope Free Clinic:** 757-446-0366

# SHERIFF'S OFFICE

Chesapeake: 757-382-6159 Norfolk: 757-664-4700

**Portsmouth Police: 757-393-5300** 

Suffolk: 757-514-7840 Virginia Beach: 757-385-4555 Eastern Shore: 757-678-0458

# **OTHER RESOURCES**

National Alliance on Mental Illness (NAMI):

NAMI Coastal VirginiaL 757-499-2041,

www.namicoastalvirginia.org

Free support groups/classes/programs

**Chas Foundation**: 757-489-2427

**Emotions Anonymous:** 

www.emotionsanonymous.org **Endependence Center:** 757-461-8007 Disability advocacy & services

Hampton Roads Survivors of Suicide Support

Group: 757-464-9289 Legal Aid: 866-534-5243

Mental Health America: 800-969-6642

Office for Aging Services:

800-552-3402

SAMSHA (Substance Abuse & Mental Health Services Administration) www.samsha.gov

SMART 911: www.smart911.com The UP Center: 757-965-8683

Virginia Department of Behavioral Health: 804-786-3921 State agency for mental health

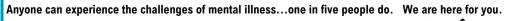
#### **TELEHEALTH**

Telehealth options may vary with regards to insurance and services provided.

Local Providers: Find local providers offering Telehealth, specific insurance treatment

coverage, and specialty areas/modalities treatment www.psychololgytoday.com

NAMI (National Alliance on Mental Illness) Coastal Virginia is one of 650+ nationwide non-profit affiliates whose mission is to support, educate and advocate for individuals and families affected by mental illness. All programs are FREE of charge. Improving the quality of life for individuals and families going through recovery is NAMI Coastal Virginia's mission.





Rev. 7/12/2023

291 Independence Blvd., Ste 542 Virginia Beach, VA 23462

